RECIPE

Cold tomato and cucumber soup, Andalusian style

A cold Spanish tomato soup for a hot-day lunch, with cucumber, red pepper and a swirl of olive oil, served with a slice of whole-wheat bread; about 455 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

2 h 15 min

Ingredients

- [ ] 6 large ripe tomatoes (3 inches across, 182 g each; 1,092 g), cored and cut in chunks
- [ ] 1 large cucumber (8¼ inches, 280 g), peeled and cut in chunks
- [ ] 1 large red bell pepper, seeded and cut in chunks
- [ ] ¼ cup chopped onion
- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 2 tbsp red wine vinegar
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 2 tbsp olive oil, blended in
- [ ] 1 tbsp olive oil, a swirl over the bowls

Method

1. Put the tomatoes, cucumber, red pepper, onion, garlic powder, paprika, vinegar, salt and black pepper in a blender. Blend on high for 1 to 2 minutes, until smooth. Work in two batches if the jar is small.
2. With the blender running on low, pour in the 2 tbsp of olive oil in a thin stream. The soup turns a shade paler and thickens a little.
3. Pour into a lidded container and chill at least 2 hours. Cold dulls salt and acid, so stir and taste before serving; add nothing unmeasured, and if it needs more, stir in another ½ tsp of vinegar.
4. Ladle into 4 bowls. Swirl ¾ tsp of the remaining olive oil over each bowl. Serve with a slice of whole-wheat bread on the side, soup first and bread after.

- [ ] 4 slices whole-wheat bread (32 g each; 128 g), served on the side

5. Keep cold. Do not leave the soup out more than 2 hours, or more than 1 hour above 90 °F. It keeps 3 days in the fridge (our kitchen practice; we hold no published source for it yet). Gazpacho is eaten cold and not reheated; it does not freeze well because the cucumber turns watery (our kitchen practice).